



## Five New Ways to Use Hot Sauce

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In Louisiana, we love hot sauce. Hot sauce originated in the early 1800s and is believed to have gotten its start in Cajun cooking, and now many selections of all-natural hot sauce come in different levels of spice and flavor. Food experts think that our love for hot sauce is all in our head, saying that spicy food does not actually cause any physical harm to a well-functioning digestive system. Our brain contains chemical molecules and excites the pain receptors on your tongue that are linked to the sensation of temperature. A study from the 80's demonstrated a connection between enjoyment of roller coasters and a passion for spice and discovered that thrill seekers were more likely to enjoy spicy foods. If you're a thrill seeker looking for that adrenaline rush in your food, here are five new ways to utilize hot sauce.

### **Mexican Hot Chocolate**

Hot chocolate is the comforting milky and sweet, delicious beverage that we love when the weather gets cooler, but why not spice it up? Add a couple of dashes of hot sauce to your mug to get an extra kick.

### **Eggs**

Bodybuilders and people looking to shed fat love this combination because of the low-calorie flavor that hot sauce provides. Adding hot sauce to your eggs gives your protein an extra dash of character and will be a staple in your home.

### **Popcorn**

Popcorn is a popular snack with many varieties such as white cheddar, caramel, and the beloved butter flavor. Try adding a drizzle of hot sauce over your popcorn during your next movie night.

### **Pizza**

If you've ever seen the movie Selena, you'll remember the scene where Jon Seda douses his pizza with hot sauce. Sometimes, the tomato sauce isn't enough of a kick.

### **Hummus**

Hummus is delicious as a dip for veggies, pita, crackers and an excellent spread for sandwiches and wraps. Adding some hot sauce in your hummus will give you the kick that you need to amplify your hummus experience.

Here at Slap Ya Mama, we know that different people like different hot sauces and that's why we have four different types of delicious all-natural hot sauce. Let us know in the comments what foods you love our hot sauce with. We would love to know more!

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